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COMMUNITY CONNECTORS



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*A handbook for people with developmental disabilities
who are transitioning from school to adult life
on Cape Cod, Martha's Vineyard and Nantucket.*

Foreword

The Community Connectors Handbook will assist you and your family on Cape Cod and the Islands to identify and access services during and after your transition from school to adult life.

The Handbook is only a guide and a source of information.

Not all of the answers can be found in this Handbook. However, there are a number of resources listed from which you can obtain specific information.



Distributed By:



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>>>Introduction: What is Transition ?

Transition means change, and change is sometimes difficult. It means moving from one stage of life to another. You will soon be leaving your school to enter the adult world. You will be gaining more and more independence in different areas of your life.

Planning ahead can be helpful to you. Your family and friends can play an important role in helping you plan for your future. You can lead a rewarding adult life after leaving school. You can live, work and have friends in the community. You can meet the challenges of an active adult life!

As you have gone through school, you have probably thought a lot about what you would like to do after school is finished; you have talked about your “goals”, or what you hope will happen in your life. This is the time to be thinking about what you need to be successful in the adult world outside of school.

You will work with your school and your family to come up with a plan which includes activities in the community. As you become an adult, you can gain practical, everyday living skills and real work experience while you are still in school.

As you are planning, you may want to know about the kinds of adult services and opportunities that are available to you. This means services that can assist you in getting more education and training, prepare you for a job, assist you with living in the community, recreational activities, and becoming more and more independent. You can choose the adult services that are the best for you.

This Handbook is a resource for you and your family to use when you are looking for information about adult services on Cape Cod, Martha's Vineyard and Nantucket. The handbook includes four different areas:

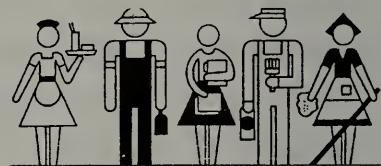
Education and Training



Independent Living



Vocational/Work



Recreation



The handbook will describe each area and then tell you the places you can call or go to to find out more.

➤➤➤➤ *Transition From School* *to Adult Services*

It is important while you are in school to be thinking about what you like, what you do not like, what you are good at and what you could use some more help with especially in these four areas:

**Education & Training
Independent Living
Vocational/Work
Recreation**

Until you graduate or become 22 years old, you have a right to receive the services you need. These services are called **Entitlements**, which means they are guaranteed by law.

After graduation or age 22, you may need some services to continue, or you may need some different services. These are called **Adult Services**.

ADULT SERVICES are not guaranteed!

Transitioning from school services to adult services means planning and finding services to help you continue to learn and grow as you become an adult. The Disability Determination Office at the Massachusetts Rehabilitation Commission (MRC) determines if you are eligible for adult services.

Who is Eligible?

You are eligible for transitional planning and adult services if:

- You receive special education services in Massachusetts *and*
- You are in need of continuing services because of the severity of your disability *and*
- You are unable to work 20 or more hours a week in competitive employment.

You are **automatically eligible** for services if:

- You are receiving SSI and/or SSDI based on your own disability.
- You are listed in the Registry of the Massachusetts Commission for the Blind.

An eligibility determination must be made.

If it is determined that you are eligible, the next step is to apply to an **Adult Service Agency**. If it is determined that you are not eligible, you may appeal the decision to the Bureau of Transitional Planning. Their address and phone number is:
1 Ashburton Place, Room 1109,
Boston, MA 02108. Tel: (617) 727-7600

The special education department in your school can help with the steps you need to take. They can help you to apply to an Adult Service Agency. The person most likely to help you will be the Director of Special Education. He or she will help you to decide which Adult Service Agency is best for you.

- You need to apply for Adult Services **two years** before you leave your school.
- If you are already out of school, you or your family can contact an Adult Service Agency.

With help you can start to develop a Transition Plan with goals for your future. You may also ask for special services from your school district. They can help you meet your goals in:

**Education & Training
Independent Living
Voational/Work
Recreation**

Your Transition Plan may include services and goals to help you in:

- preparing for more education, training/college
- choosing and getting a job
- making friends and learning social skills
- getting around in the community
- budgeting your money
- taking care of your health
- living on your own

The Adult Service Agencies can help you with many different things. They can provide money or funding, and sometimes services or support to help you with:

Education & Training

Independent Living

Vocational/Work

Recreation

A person from the Adult Service Agency will meet with you, your family, and your teachers. This is called a Transition Team Meeting. You will talk about **your** needs to the Adult Service Agency Representative and fill out an application.

If you decide you want services when you graduate or turn 22 years old, they will continue to assist and support you.

Adult Service Agencies you may apply to:



Department of Mental Retardation (DMR)
60 Park Street
Hyannis, MA 02601
(508) 771-2595

Dept. of Mental Health (DMH)
259 North Street
Hyannis, MA 02601
(508) 775-1199

Department of Public Health (DPH)
109 Rhode Island Road
Lakeville, MA 02347
(508) 727-1440

Mass. Commission for the Blind (MCB)
800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Mass. Commission for the Deaf & Hard of Hearing (MCDHH)
2621 Cranberry Highway
P.O. Box 697
Wareham, MA 02571
(800) 882-1155

Mass. Rehabilitation Commission (MRC)
60 Park Street
Hyannis, MA 02601
(508) 775-6131

►►►► ***Basic Financial Assistance***

As you are transitioning from school to adult life, you should talk with your local Social Security Office about the types of financial assistance available to you. There are different types of programs that may help you.

Supplemental Security Income (SSI)

- SSI is a monthly payment to people who are disabled, blind or older than 64 and have little or no income or resources.
- Not every blind or disabled person can get SSI.
- Your eligibility depends on income and other financial resources. If you are 18 years old, your family's income is no longer counted.
- A person with disabilities can be considered for SSI regardless of age and whether or not you are single or married.
- You will probably be eligible for benefits from SSI.

Social Security Disability Insurance (SSDI)

***this is sometimes called SSA*

- SSDI is an insurance benefit. If one or both of your parents is disabled, deceased or retired and is receiving SSDI, you may also be eligible for SSDI.

Application for SSI and SSDI

You can apply for SSI and SSDI by filling out an application form at any Social Security Office. Call ahead to ask what you need to bring with you when you go.

You will receive a letter from the Social Security Office called a Disability Determination letting you know whether or not you get benefits. If you disagree with the decision, you can appeal at the Social Security Office.

Here are the Social Security Offices addresses and phone numbers. There is an office in the Falmouth area and the Hyannis area. The Falmouth area office also serves Martha's Vineyard and Nantucket.

Social Security Administration Offices



181 Walton Avenue
Hyannis, MA 02601
(508) 775-7501 or
1-800-772-1213
TDD 1-800-325-0778

344 Gifford Street
Falmouth, MA 02540
(508) 548-8150 or
1-800-772-1213
TDD 1-800-325-0778

Working and Benefits

- You can work and still receive Social Security Benefits (SSI)
- The Social Security law includes several special rules that allow people with disabilities to work and continue to receive benefits.
- If you are receiving SSI, the monthly payments may continue even if your earnings increase.
- Medicaid eligibility may continue even if your income is too high to receive an SSI payment.
- If you are receiving Social Security Disability Insurance (SSDI), you are allowed a trial work period. Your benefits continue while you test out your work abilities in a real work setting.
- After nine months your work situation will be reviewed to see how you are doing. If the work trial is a success, regular benefits continue for another three months.
- Earning over \$500 a month is considered a success. An extended eligibility period of 36 months follows the trial period of nine months.
- Medicaid coverage will continue. If your earnings drop below \$500 a month, you will again receive benefit checks without a new determination of eligibility.

PASS - Plan for Achieving Self Support

If you work or would like to work, you may be able to receive financial support through your SSI. A PASS (Plan for Achieving Self Support) allows you to put aside money to help you become successful in your employment.

PASS can help you with expenses such as:

- Tuition, books, supplies, all fees and costs to attend an occupational or educational training facility
- Room and board away from your home to attend educational, training, employment, trade or business activities
- Attendant care
- Job Coach assistance
- Child care
- Equipment or tools
- Uniforms and safety equipment
- Medical and social service costs
- Maintenance costs on any of the above
- Transportation costs
- Permits and licenses to do with meeting your occupational objectives

For more information contact:



**Cape Organization for the Rights of the Disabled
(CORD)**

Box 964

Hyannis, MA 02601 Tel. (508) 775-8300 (Voice/TDD)
or the Social Security Office near your home.

Help with Work Related Expenses

You may need things to help you work with your disability. Social Security may help you pay for any item or service you need to work, even if the item or service is also useful to you in your daily living. Examples include a seeing eye dog, prescription drugs, transportation to and from work (under certain conditions), modifications to vehicles, a personal attendant or job coach, a wheelchair or any specialized work equipment. Your work expenses can be deducted from your earnings before your eligibility for benefits is determined.

Contact the Social Security Office near your home for more information.

Social Security Administration

181 Walton Avenue
Hyannis,
MA 02601
(508) 775-7501
or 1-800-772-1213
V/TDD 1-800-325-0778



344 Gifford Street
Falmouth,
MA 02540
(508) 548-8150
or 1-800-772-1213
V/TDD 1-800-325-0778

➤➤➤➤ *Medical Insurance Assistance*

Medicaid

- Helps pay medical bills for people with low incomes.
- In Massachusetts, if you are eligible for SSI, you are automatically eligible for Medicaid.
- A person with disabilities may apply for Medicaid only.

You apply at the Department of Public Welfare Office nearest you:

Falmouth

155 Katherine Lee Bates Road
(508) 548-8222



Hyannis

460 West Main Street
(508) 771-1201 **hearing impaired** (508) 771-9191

Nantucket

1 Windy Way
(508) 228-0470

Oak Bluffs

1 Douglas Way
(508) 693-0210

Orleans

19 Bay State Court
(508) 255-4403

Wellfleet

(508) 349-2303

The Massachusetts Commission for the Blind has its own Medicaid Program: Medical Assistance for the Blind. The Commission can be reached by calling 1-800-392-6450 and asking for the Medical Assistance Unit.

CommonHealth

- Commonhealth is a Massachusetts health insurance plan which provides access to a full range of medical services.
- If you are not eligible for Medicaid, a working adult (or a disabled child) with disabilities may apply for coverage.
- You may or may not pay a premium depending on your family and family income. There is a sliding scale.

For more information call 1-800-662-9996.

Medicare

- Medicare is another insurance program of the Federal Government. Anyone under age 65 who has been receiving SSDI payments for at least two years is eligible.
- Medicare is also for almost anyone over age 64. Your local Social Security Office has all the information.

➤➤➤➤ *Education and Training*



➤➤➤➤ *Education and Training*

One decision you may make as you transition from school to adult life is to continue your education and training. Your family, friends, and teachers can help you with this if you want them to.

There are many education and training programs from which people with developmental disabilities can benefit. For example, you may be interested in attending a class at an Adult Education Program in your community, or you may want to go to a Technical School to learn some specific skills related to a job you want.

You might want to visit secondary schools and colleges to see what they have to offer you. Most secondary schools and colleges are not on the Cape or Islands, so you should let your teachers and guidance counselor know if you are interested so that they can help you with this.

The Adult Service Agency may also help you with paying for education and training, transportation, and other supports you may need.

If you are interested in education and training, on the following pages is a listing of what is available on Cape Cod, Martha's Vineyard and Nantucket.



Education and Training Resources

Adult Learning Center
540 Main Street
Hyannis, MA 02601
(508) 778-2223

Adult Re-Entry Programs
Room 204 Upper Student Commons
Cape Cod Community College
Route 132, West Barnstable, MA 02668
(508) 362-8857

Barnstable Community School
744 West Main Street
Hyannis, MA 02601
(508) 790-6452

Bridges Association, Inc.
One Elm Street
Hyannis, MA 02601
(508) 790-1333

Community Education & Training Program
(Cape Cod Regional Technical High School)
351 Pleasant Lake Avenue
Harwich, MA 02645
(508) 432-8701

Dennis-Yarmouth Regional School District
Special Needs Advisory Council
296 Station Avenue
South Yarmouth, MA 02664
(508) 398-7624

Falmouth Basic Adult Education
340 Teaticket Highway
East Falmouth, MA. 02536
(508) 548-0151

Evening classes:
Falmouth High School
Gifford Road Extension
Falmouth, MA. 02540
(508) 540-2200

Job Training Employment Corporation (JTEC)
270 Communication Way
Hyannis, MA 02601
(508) 771-0141

Literacy Council, Cape Cod
319 Main Street
P.O. Box 550, Hyannis, MA 02601
(508) 771-0211

Martha's Vineyard Adult Education
Martha's Vineyard Regional High School
P.O. Box 1385, Oak Bluffs, MA 02557
(508) 693-1033

Nantucket Community School Adult Education
10 Surfside Road, Nantucket, MA 02554
(508) 228-7257

Nauset Regional Middle School Adult Education
Route 28, Orleans, MA 02653
(508) 255-4300

O'Neil Center for Disability Services
Cape Cod Community College
Route 132, West Barnstable, MA 02668
(508) 362-2131

Project Forward

Cape Cod Community College
Route 132, West Barnstable, MA 02668
(508) 362-2131

Provincetown Adult Education

High School Annex
Prince Street
Provincetown, MA 02657
(508) 487-0560

Sandwich Adult Education

Sandwich Community School
365 Quaker Meeting House Road
E. Sandwich, MA 02537
(508) 888-5300

Technical Academic Assessment Centers

(Cape Cod Regional Technical High School)
351 Pleasant Lake Avenue
Harwich, MA 02645
(508) 432-8701

Upper Cape Regional Technical School

220 Sandwich Road
Bourne, MA 02532
(508) 759-7711

Wareham Adult Learning Center

Wareham High School
Viking Drive, Wareham, MA 02571
(508) 291-3510

➤➤➤➤ *Independent Living*



- *Housing/Living Arrangements*
- *Family Support and Respite Care*
- *Self Help and Living Assistance*
- *Health Services*
- *Emotional Health and Counselling Services*
- *Advocacy and Legal Assistance*
- *Community Adult Day Services*
- *Transportation*
- *Assistive Technology*

►►►► *Independent Living*

Important things to remember as you become an adult:

You are important.

You live and work in good places.

You are safe.

You know and use your rights.

You have the best health possible.

You decide who to tell personal things about yourself and what things to tell them.

You direct your life.

You choose where you want to live, work, and spend free time.

Your opinion is taken seriously and acted upon.

You are a part of community life.

You contribute to your community.

You have friends and acquaintances.

You have personal goals.

You accomplish your personal goals.

You have money and security.

As you become an adult, you will become more and more independent. "Independent" means making choices and decisions for yourself in all different areas of your life. It means thinking about where you want to live, who you want as friends, what you need to be healthy and feel good about yourself, and how you are going to get around in your community. This part of the handbook will explain the different areas of independent living.

Housing/Living Arrangements

You have choices about where you want to live and who you want to live with. You may live with your family or you may want to live in an apartment or home with one or more roommates.

This will depend on you, what your needs and desires are, and how much support you need. You may need occasional help to live on your own, or you may need some assistance all of the time. Here are the places on the Cape and Islands that offer support with your housing/living arrangements.

**The ARC of Cape Cod
(serving people with disabilities)**
Box 428
101 Grove Street
Hyannis, MA 02601
(508) 790-3667



Community Connections, Inc.
720A Main Street,
Yarmouthport, MA 02675
(508) 362-1140

Community Systems
315 Cotuit Road
Sandwich, MA 02563
(508) 833-0945

Cape Organization for the Rights of the Disabled (CORD)
Box 964
Hyannis, MA 02601
Tel. (508) 775 8300 (Voice TDD)

Department of Mental Retardation
60 Park Street
Hyannis, MA 02601
(508) 771-6595

Housing Assistance Corporation
460 West Main Street
Hyannis, MA 02601
(508) 771-5400

Housing For All
Main Street
Hyannis, MA 02601
(508) 771-0885 (508) 778-6425

Kennedy Donovan Center
900 Route 134
South Dennis, MA 02660
(508) 385-6019

Living Independently Forever, Inc. (LIFE)
550 Lincoln Road Ext.,
Box 233
Hyannis, MA 02601
(508) 790-3600

Lower Cape Outreach Council
Brewster Crossroads
Box 665, Orleans, MA 02653
(508) 240-0694

Martha's Vineyard Community Services
P.O. Box 369
Vineyard Haven, MA 02568
(508) 693-7900

Massachusetts Commission for Deaf & Hard of Hearing
Southeast Regional Office
2621 Cranberry Highway, P.O. Box 697
Wareham, MA 02571
(800) 882-1155

Massachusetts Commission for the Blind (MCB)
88 Kingston Street
Boston, MA 02111
(617) 727-5550

800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Massachusetts Rehabilitation Commission
60 Park Street
Hyannis, MA 02601
(508) 775-6131

May Institute Inc.
20E Camp Opechee Road
Centerville, MA 02632
(508) 775-7600

Nauset, Inc.
895 Mary Dunn Road
Hyannis, MA 02601
(508) 778-5040

New England Residential Services
116 State Road
Sandwich, MA 02563
(508) 833-0366

Residential Rehabilitation Centers, Inc.
1646 Main Street
Brewster, MA 02631
(508) 896-5776

Sight Loss Services, Inc.
Cape Cod & Islands
775-D Main Street, Box 414
West Dennis, MA 02670
(508) 394-3904

Family Support and Respite Care

If you choose to live at home with your family there may be times when you arrange to spend some time with people other than your family. This service is called Family Support and Respite Care. Here are the places that offer Family Support:

Kennedy Donovan Center (Serves Cape Cod)
900 Route 134
South Dennis, MA 02660
(508) 384-6019



Martha's Vineyard Community Services (Islands)
P.O. Box 369
Vineyard Haven, MA 02568
(508) 693-7900

Self Help and Living Assistance

There are places and people in the community that can help you help yourself. For example, a person with a sight impairment could get some help in learning his/her way around the home. Another person might need help in making and eating nutritious meals. Here are some of the names of places that do this sort of thing.

**The ARC of Cape Cod
(serving people with disabilities)**
Box 428, 101 Grove Street
Hyannis, MA 02601
(508) 790-3667



**Attention Deficit Disorder
Support Group for Parents**
P.O. Box 2249
Teaticket, MA 02536
(508) 428-2102

Cape Cod Council of Churches Inc.
142 Corporation Road
Hyannis, MA 02601
(508) 775-5073

Consumer Credit Counseling Service
397 Main Street, Hyannis, MA 02601
(508) 778-9331

Information Center for Individuals with Disabilities
27-43 Wormwood Place
Boston, MA 02210-1606
(800) 462-5015 (617) 345-9743 TDD

Kennedy Donovan Center
900 Route 134, South Dennis, MA 02660
(508) 385-6019

Living Independently Forever, Inc. (LIFE)
550 Lincoln Road Box 233
Hyannis, MA 02601
(508) 790-3600

Lower Cape Human Services
Old Tote Road
Box 1787, Orleans, MA 02653
(508) 255-2346 (508) 760-2820 TDD

Martha's Vineyard Community Services
Box 369, Vineyard Haven, MA 02568
(508) 693-7900

Massachusetts Commission for the Blind (MCB)
800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Mass. Commission for Deaf & Hard of Hearing
Box 697, 2621 Cranberry Highway
Wareham, MA 02571
(800) 882-1155

Sight Loss Services Inc. Cape Cod & Islands
775-D Main Street, Box 414
West Dennis, MA 02670
(508) 394-3904

Health Services

As you know, it is important to take care of yourself both physically and emotionally. From time to time you may need health services or medical care from a nurse, doctor, or therapist. You can get medical and health services from the following places.

All Cape Health Care
396 Main Street
Hyannis, MA 02601
1-800-875-2273



Alternative Health Care
254 Shore Road
Bourne, MA 02601
1-800 870-800

Barnstable County Hospital
870 County Road
Pocasset, MA 02559
(508) 563-5941

Das

Cape Cod Hospital
27 Park Street
Hyannis, MA 02601
(508) 771-1800

Cape Psych Center
27 Park Street
Hyannis, MA 02601
(508) 790-2101 (800) 545-5014

Falmouth Hospital
Ter Heun Drive
Falmouth, MA 02540
(508) 548-5300

Family Health of Cape Cod
One Elm Street
Hyannis, MA 02601
(508) 771-8010

Family Planning of Nantucket
Gouin Village
Nantucket, MA 02554
(508) 228-9189

Home Health Agency
26 Alder Street
Provincetown, MA 02657
(508) 487-7083

Homecare of Cape Cod
923 Route 6A
Yarmouthport, MA 02675
(508) 362-1103 (800) 642-2423

Kimberly Care

417 Palmer Ave Falmouth, MA 02540
923 Main Street, Yarmouthport, MA 02675
3 Freeman Road, Provincetown, MA 02657
(800) 284-8956

Martha's Vineyard Hospital

Linton Lane
Oak Bluffs, MA 02557
(508) 693-0410

Medi-Center Five

525 Long Pond Drive
Harwich, MA 02645
(508) 432-4100

Nantucket Cottage Hospital

57 Prospect Street
Nantucket, MA 02554
(508) 228-1200

Nurses House Call

Off Lewis Bay Road
Hyannis, MA 02601
(508) 775-6577

Sandwich Nursing Department

270 Quaker Meeting House Road
East Sandwich, MA 02537
(508) 833-8020

Tobey Hospital

43 High Street
Wareham, MA 02571
(508) 295-0880

Vineyard Nursing Association

Linton Lane, Box 2568
Oak Bluffs, MA 02557
(508) 693-6184

Visiting Nurse Association, Chatham - Orleans
1250 Main Street
Chatham, MA 02633
(508) 945-2869

Visiting Nurse Association of Central & Outer Cape Cod
434 Route 134
Cranberry Square
South Dennis, MA 02660
(508) 394-2230 (800) 631-3900

Visiting Nurse Association of Upper Cape Cod
67 Ter Heun Drive
Falmouth, MA 02540
(508) 548-0411 (800) 696-4047

Visiting Nurses Service of Martha's Vineyard
Box 369
Vineyard Haven, MA 02568
(508) 693-7900

Emotional Health - Counseling

Being emotionally healthy means feeling reasonably good about yourself and others. If you feel that you need someone to talk to about your feelings, sometimes friends or relatives who are good listeners can help.

If your problems seem too difficult or personal to discuss with a friend or relative, then professional counseling might help. Counseling is a time to discuss personal issues with someone you can trust. Counseling is confidential. You can explain to the counselor how you are feeling and why you are feeling that way.

As you explain or talk about your feelings you can learn how to understand yourself better. There are counseling centers that provide counseling on different issues such as:

- Alcohol and Drugs
- Sexuality
- Depression and Anxiety
- Abuse
- Bereavement/Grief

The following is a list of counseling services.

Counseling Services

Alcoholics Anonymous
396 Main Street
Hyannis, MA 02601
(508) 775-7060



Bridges, Inc.
One Elm Street
Hyannis, MA 02601
(508) 790-1333

Cape Cod Human Services
175 West Main Street
Hyannis, MA 02601
(508) 790-3375 (800) 894-2247

Center for Health & Human Services
60 Park Street, Hyannis, MA. 02601
(508) 790-2114
Wareham (508) 295-7990

Falmouth Human Services
35-41 Glenwood Avenue
Falmouth, MA 02540
(508) 548-0533

Gosnold Counseling Center
196 Ter Heun Drive
Falmouth, MA 02541
(508) 548-7118

Hospice Association of Cape Cod
923 Route 6A
Yarmouthport, MA 02675
(508) 362-1103 (800) 642-2423

Hospice of Martha's Vineyard
Box 2549
Oak Bluffs, MA 02557
(508) 693-0189

Hospice of Nantucket
57 Prospect Street
Nantucket, MA 02554
(508) 325-7439

Lower Cape Human Services
Old Tote Road
Orleans, MA 02653
(508) 255-2346

Martha's Vineyard Community Services
P.O. Box 369
Edgartown Road
Vineyard Haven, MA 02568
(508) 693-7900

Massachusetts Commission for the Blind (MCB)
88 Kingston Street
Boston, MA 02111
(617) 727-5550

800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Nantucket Cottage Hospital
South Prospect Street
Nantucket, MA 02554
(508) 228-1200

Nantucket Counseling Services
Gouin Village
Nantucket, MA 02554
(508) 228-2689

Special Needs Counseling
Center for Health & Human Services
8 Park Street, Hyannis, MA 02601
(508) 775-0777

Thorne Clinic
Box 989, 870 County Road
Pocasset, MA 02559
(508) 563-2262

Advocacy and Legal Assistance

Advocacy is support or help given to a person. An advocate is a person who works to get services that you may need. Legal assistance means advice or help from the legal profession or a lawyer. If you need support or help there are many people and organizations in the community who can "advocate" for you and/or give you legal assistance. You may need advice or support for many different reasons. If you think an advocate or a lawyer could help you, here are places to call, visit or write to.

Adsum, Inc.
105 Bank Street, Box 1511
Fall River, MA 02722
(508) 677-9239



**The ARC of Cape Cod
(serving people with disabilities)**
Box 428, 101 Grove Street
Hyannis, MA 02601
(508) 790-3667

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Bureau of Transitional Planning
1 Ashburton Place, Room 1109
Boston, MA 02108
(617) 727-7600

Cape Organization for the Rights of the Disabled (CORD)
583 Main Street
Box 954, Hyannis, MA 02601
(508) 775-8300

Center for Public Representation (CPR)
Mental Retardation Advocacy Project
246 Walnut Street, Newtonville, MA. 02160
(617) 965-0776 or (617) 964-6560 TTY

Client Assistance Program
One Ashburton Place, Room 1305
Boston, MA 02108
(617) 727-0965 (Fax) (800) 322-2020 (In MA)

Community Action Committee
Box 954, 583 Main Street
Hyannis, MA 02601
(508) 771-1727

Consumer Assistance Council
387 Main Street
Hyannis, MA 02601
(508) 771-0700

Disability Law Center, Inc.
11 Beacon Street, Suite 925
Boston, MA 02108
(617) 723-8455

Disabled Persons Protection Commission
2 Boylston Street
Boston, MA 02116
(800) 426-9009 (V/TDD) (617) 727-6465

Falmouth Human Services
35-41 Glenwood Avenue
Falmouth, MA 02540
(508) 548-0533

Information Center for Individuals with Disabilities
42 Wormwood Street, (First Floor)
South Boston, MA 02210
(617) 727-5540 (800) 462-5015 (TTY)

Kennedy Donovan Center
900 Route 134
South Dennis, MA 02601
(508) 385-6019

Legal Services for Cape Cod & Islands
460 West Main Street
Hyannis, MA 02601
(508) 775-7020

Mass. Advocacy Center
76 Summer Street
Boston, MA 02116
(617) 357-8431

Mass Coalition of Citizens with Disabilities (MCCD)
80 Boylston Street, Room 355
Boston, MA 02116
(617) 482-1336

Mass. Commission for the Blind (MCB)
88 Kingston Street
Boston, MA 02111
(617) 727-5550

800 Purchase Street
New Bedford, MA 02740 (508) 993-6140

Mass. Commission for Deaf & Hard of Hearing
Southeast Regional Office
2621 Cranberry Highway
P.O. Box 697
Wareham, MA 02571
(800) 882-1155

Mass. Families Organizing for Change
2336 Mass Avenue
Cambridge, MA 02140
(617) 876-0426

Mass. Office on Disability
1 Ashburton Place
Boston, MA 02128
(617) 727-7440

Mental Health Legal Advisors
11 Beacon Street
Boston, MA 02108
(617) 723-9130

Nantucket Commission on Disability
Town and County Building
16 Broad Street
Nantucket, MA 02554
(508) 228-4556

New England INDEX
*(A physician's Registry which lists doctors & consultants
who serve persons with developmental disabilities)*
The Shriver Center
200 Trapelo Road
Waltham, MA 02254
(617) 642-0248

People Empowering People (PEP)
Box 1334
South Yarmouth, MA 02664
(508) 888-7201

Sight Loss Services, Inc. Cape Cod & Islands
775-D Main Street
P.O. Box 414,
West Dennis, MA 02670
(508) 394-3904 (800) 427-6842

The Alliance for the Mentally Ill of Cape Cod
175 Main Street
Hyannis, MA 02601
(508) 778-4277

The Federation For Children With Special Needs
95 Berkley Street
Boston, MA 02116
(617) 482-2915 (413) 562-3691 (Western Mass Line)
(800) 331-0688

Turning 22 Coalition
42 Fletcher Road
Bedford, MA 01730
(617) 324-4303

United Way of Cape Cod, Inc.
310 Barnstable Road
Hyannis, MA 02601
(800) 462-8002

Community Adult Day Services

There are services in the community which can help you become more independent. Some things you may want are: how to use the community, ways to get along with other people and make friends, access to health and therapy services, how to take care of yourself and make your needs known. Here are places that may be able to help you.

Barnstable County Hospital
870 County Road
Pocasset, MA 02559
(508) 563-5941

Case Management Professionals
Box 321, Sandwich, MA 02563
(508) 420-2014

Community Connections, Inc.
Lower Cape Day Habilitation Center
291 Route 28,
West Dennis, MA 02670
(508) 398-4200



Community Support Associates
Box 918
Hyannis, MA 02601
(508) 790-7818

Habilitation Assistance Corporation (HAC)
Harborside Landing
1336 Phinneys Lane, Hyannis, MA 02601
(508) 775-6699

Habilitation Assistance
25 Barlow's Landing, Pocasset, MA 02559
(508) 564-5101

Transportation

Transportation is how you get around in the community to go to work, visit friends, go to the movies or to an appointment. There are various methods of transportation on Cape Cod, Martha's Vineyard and Nantucket. You can get a driver's license and have your own car, friends or family can give you rides to where you need to go, or you can use buses, boats, taxis, trains and airplanes. Here is a listing of some transportation services.

B-Bus (Cape Area Transportation Systems)

Box 241

222 Old Chatham Road
South Dennis, MA 02660
(800) 352-7155



SeaLine (Regional Transit Authority)

P.O. Box 241

222 Old Chatham Road
South Dennis, MA 02660
(800) 352-7155

Martha's Vineyard Transit Authority

Winter Street

Edgartown, MA 0253

(508) 627-9663

Information Center for Individuals with Disabilities*

Fort Point Place

27-43 Wormwood Street
Boston, MA 02210-1606

(617) 727-5540 (800) 462-5015 (Voice & TDD)

***The Information Center for Individuals with Disabilities** provides information and resources about van modification, installer/manufacturers, van conversion installers and drivers' education school in Massachusetts.

Air Service

Barnstable Airport	508-775-2020
Chatham Municipal Airport	508-945-9000
Logan Airport Information	617-561-1800
Martha's Vineyard Airport	508-693-7022
Nantucket Memorial Airport	508-325-5300
Provincetown Municipal Airport	508-487-0241

Bus Service

B-Bus Service	800-352-7155
Basset Mini Bus	508-778-1400
Bonanza Bus Lines	800-556-3815
Cape Cod Regional Transit Authority	800-352-7155
Falmouth	508-548-7588
Martha's Vineyard Transit Authority	(508)627-9663
Northside Bus	508-362-4663
Peter Pan, Hyannis	800-343-9999
Plymouth and Brockton	508-746-0378

Ferry Service

Hy-Line	508-778-2600
Island Queen	508-548-4800
Steamship Authority	508-840-2022

Rail Service

Amtrak	800-872-7245
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Driver Evaluations

(cognition-vision-attention-judgement-reflexes)

New England Rehab Hospital	617-935-5050
Adaptive Driving Program, Natick	617-651-3994
Boston Spaulding Hospital	617-720-6630

Local Bus Service

Cape Cod Regional Transit Authority. The SeaLine is the CCRTA's regularly scheduled public transportation service, running from Cape Cod Community College in West Barnstable to the Woods Hole docks in Falmouth. The SeaLine makes stops at Cape Cod Mall, the P & B and Falmouth bus terminals, the Hyannis Steamship Authority and HyLine Docks in Hyannis, Cape Cod Hospital, Centerville, Osterville, and Falmouth centers, and Mashpee Commons. The buses run Monday through Saturday, except holidays. Passengers may catch the SeaLine at bus stops anywhere along the route or by waving to the driver as the bus approaches at other locations. The SeaLine offers connections to Boston, Logan Airport, Springfield and Providence at the P & B and Falmouth bus terminals. Money-saving commuter passes are available. Tel: **800-352-7155**

Cape Cod Regional Transit Authority B-Bus Service. Minibuses make door-to-door trips throughout the entire Cape. Pick-ups are available Monday through Friday, 8am to 4pm by reservation. Extended services is offered from 7am to 7pm in a number of towns. In addition, there is service in eight towns from 9am to 7pm on Saturday, and in nine towns from 9am to 1pm Sunday. This service is available to all residents and visitors to Cape Cod. Service is free to senior citizens traveling to and from any of the 18 sites on the Cape serving hot lunches.

Tel: **800-352-7155**

Long Distance Bus Service

Bonanza Bus Lines, Falmouth (59 Depot Avenue). Woods Hole (Steamship Piers), Hyannis (17 Elm Street), Bourne (Trowbridge Road at State Police Barracks) service is offered to Boston and Logan Airport, and also to Providence, RI, Connecticut and New York City. Tel: **800-556-3815 or (508)-548-7588** (Falmouth).

Plymouth and Brockton Street Railway, Hyannis (17 Elm Street) and Plymouth (8 Industrial Park Road). Frequent daily service is available the length of Cape Cod on Route 6 from Sagamore (at the Cape Canal) to Provincetown. Service also extends to Plymouth, downtown Boston (connecting with national carriers) and to Logan Airport, stopping at all terminals. Tel: **508-746-0378** (Information Center).

Ferry Service

Hy-Line, Hyannis (Ocean Street Dock). Passenger service is offered to Nantucket and Martha's Vineyard (Oak Bluffs) from May-Oct. Inter-island service between Oak Bluffs and Nantucket is also offered June-Sept. Tel: **508-778-2600** (Information Line).

Island Queen, Falmouth (Falmouth Heights Road). The ferry sails to Martha's Vineyard (Oak Bluffs) from Memorial Day thru Columbus Day, seven trips daily during the summer. Tel: **508-548-4800**

Steamship Authority, Woods Hole and Hyannis. This is the only line that carries automobiles and reservations are required. Boats sail year-round from Hyannis to Nantucket, and from Woods Hole to Martha's Vineyard (Vineyard Haven all year, Oak Bluffs during the summer).

Tel: **508-540-2022** or **508-540-1394** (TDD).

Rail Service

Amtrak's "Cape Codder" Service links Hyannis, Boston, New York and Washington D.C. from late June to early September. Service is available on Friday evenings from New York to Hyannis, and Sunday evenings returning. Service from Boston and Providence to Hyannis is available on Saturday and Sunday. During the week, connecting bus service is provided. Tel: **800-872-7245**

Assistive Technology

Assistive Technology is any item, piece of equipment, or product system that helps make life easier for a person who has a disability. Assistive technology may be anything from a strip of velcro purchased over the counter in a department store, to a customized, voice activated computer.

If you have any questions about getting, using or maintaining assistive technology, here are places to call or write to.

**Cape Organization for the
Rights of the Disabled (CORD)**
583 Main Street
Box 954
Hyannis, MA 02601
(508) 775-8300

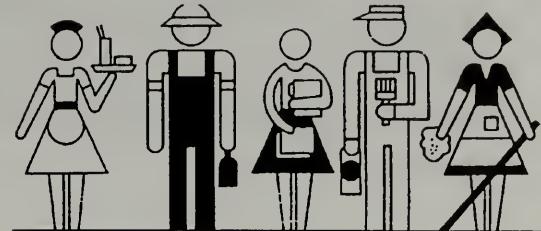


Mass. Assistive Technology Partnership (MATP) Center
300 Longwood Avenue
Boston, MA 02115
(617) 735-7820 (Voice) (617) 735-7301 (TDD)
Fax: 617-735-6345

Seaside Education Associates
Box 6341
Lincoln Center, MA 01773
Tel. (617) 893-7990

Sight Loss Services, Inc. Cape Cod & Islands
775-D Main Street
P.O. Box 414
West Dennis, MA 02670
(508) 394-3904 (800) 427-6842

>>> Vocational



- *Vocational Assessment*
- *Career Counseling*
- *Work Orientation*
- *Job Search*
- *Job Training*
- *Job Support*
- *Supported Employment Options*
- *PASS - Plan for Achieving Self Support*
- *Help with Work Expenses*
- *Vocational and Employment Resources*

►►►► *Vocational*

Vocational is a word that means a job, or work that you would like to do. If you would like to have a job, here are the important things you need to know.

Vocational Assessment

Vocational Assessment means finding out what your work skills are, what your work interests are, and what jobs you might enjoy and be successful at. Your job interests may change over the years so you may need more vocational assessments in the future. There is no one way of completing a vocational assessment, but some of the ways are called:

- Observation
- Work Samples
- On the Job Training and try outs
- Achievement Tests
- Aptitude Tests
- Interest Tests
- Review of past performance

Because everybody has different needs, it is usually best to use more than one type of vocational assessment. This should help you to figure out what kinds of job would be best for you.

Career Counseling

Career counseling means that a person called an Employment Specialist will support you (help or guide you) in making plans for your future and identifying what kinds of jobs are available.

Work Orientation

Work orientation is learning about what it is like to have a job. The following are examples of work orientation activities:

- Discussing employment preferences - what jobs do you prefer.
- Job Analysis of various jobs, how much money you would earn, how many hours you work, what the job responsibilities are.
- Practicing completion of job applications and answering interview questions.
- Discussing proper work habits and social skills, getting to work on time, dressing for the job, talking with co-workers and supervisors.
- Reviewing plans on how to travel back and forth to your job.
- Learning how earning a paycheck would effect your other benefits.

Job Search

Job Search is learning how to find a job that matches your skills and interests. This includes identifying available jobs, filling out a job application, and going on interviews.

Job Training

Job training means receiving assistance to learn your job responsibilities from an Employment Specialist or Work Supervisor. You and your employer will decide how much training you need. As you get used to your job responsibilities, you may no longer need as much or any training.

Job Support

Job support may continue once on-the-job training is completed. Job support involves site visits to observe your job performance and to speak with your supervisor. Meetings are also held off the job to address any problems that arise. You and your employer will decide how much support you need.

Supported Employment Options

- **Competitive Employment with Support** is paid employment at jobs in the community in which employees who are non-disabled and disabled, work together. On the job training and support is provided as you need it to obtain and maintain meaningful employment. The goal is to decrease supports from an Employment Specialist and increase the use of other supports, for example from a co-worker.
- **An Enclave** is a situation where one job coach and up to eight people with disabilities work alongside one another and are employed at one company. Individuals are paid different rates of pay by the human service agency and not by the company at which the work is performed.
- **Mobile Crew** is a work situation with one job coach and up to five people with disabilities that move from one job site in a community to another as a group. Crew members are paid different rates of pay by the human service agency for the work performed.
- **Work at a Sheltered Workshop** is employment in a supervised, segregated, workshop doing sub-contract work at different rates of pay. It is usually packaging, mass mailing, or assembly work. Pay rate depends on the speed of work.

- **Pre-vocational skills training** is also called readiness training. This is simulated or make-work tasks. Trainees practice fine motor skills, usually in the classroom or during down time in a workshop.

PASS - Plan for Achieving Self Support

If you are receiving SSI benefits and work or would like to work, you may be able to have a “Plan for Achieving Self-Support” (PASS). The purpose of a PASS is to help you in becoming as independent as possible. A PASS allows you to put aside money to help you become more fully employed.

Such a plan can help you with expenses for:

- Tuition, books, supplies, all fees and costs, to attend an occupational or educational training facility.
- Room and board away from your home to attend educational, training, employment, trade or business activities.
- Attendant care.
- Job Coach Assistance.
- Child Care.
- Equipment or Tools.
- Uniforms and Safety Equipment.
- Medical and Social Service Costs.
- Maintenance costs on any of the above.
- Transportation Costs.
- Permits and Licenses to do with meeting your occupational objectives.

For more information contact:

**Cape Organization for the Rights of the Disabled
(CORD)**

Box 964, Hyannis, MA 02601

(508) 775-8300 (Voice/TDD)

or a Social Security Office near home.



Other Help With Work Related Expenses

You may need things to help you work. Social Security may help pay for any item or service you need to work, even if the item or service is also useful to you in your daily living. Examples include a seeing eye dog, prescription drugs, transportation to and from work (under certain conditions), vehicle modification, a personal attendant or job coach, a wheelchair or any specialized work equipment.

Expenses can be deducted from your earnings before your eligibility for benefits is determined. Contact the Social Security Office near your home for more information.

Vocational Resources

There are places in the community that provide vocational or employment services. The services you choose depend on what you need or want. You, your family or friends can find out what employment services are offered by calling, writing or visiting the following places.

Cape Cod Regional Technical High School
351 Pleasant Lake Avenue
Harwich, MA 02645
(508) 432-8701



Community Connections Inc. Employment Services
716A Main Street
Yarmouthport, MA 02675
(508) 362-7001

Department of Employment & Training
High School Road Ext.
Hyannis, MA 02601
(508) 775-5800

Employee Assistance ROI Association
P.O. Box CC, 196 Ter Heun Drive
Falmouth, MA 02541
(508) 548-7119

Living Independently Forever, Inc.
550 Lincoln Road Ext., P.O. Box 233
Hyannis, MA 02601
(508) 790-3600

Martha's Vineyard Community Services
P.O. Box 369
Vineyard Haven, MA 02568
(508) 693-7900

Massachusetts Commission for the Blind (MCB)
800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Massachusetts Office on Disability
One Ashburton Place Room 1305
Boston, MA 02108
(617) 727-7440

Massachusetts Rehabilitation Commission (MRC)
60 Park Street
Hyannis, MA 02601
(508) 775-6131

May Institute, Inc.
20E Camp Opechee Road
Centerville, MA 02632
(508) 777-7600

Nantucket Commission on Disability
Town and County Building
12 Broad Street
Nantucket, MA 02554
(508) 228-4556

Nantucket Employment Options
Pleasant Street,
Nantucket, MA 02554
(508) 325-4887

Nauset, Inc.
Lyndon Center
895 Mary Dunn Road
Hyannis, MA 02601
(508) 778-5040

Cochran Center
Massasoit Road
North Eastham, MA 02651
(508) 255-3899

Supported Employment Affiliates (SEA)
101 Grove Street
Hyannis, MA 02601
(508) 771-6595

Upper Cape Cod Regional Vocational Technical School
220 Sandwich Road
Bourne, MA 02532
(508) 759-7711

Vineyard Employment Options
P.O. Box 1493, Vineyard Haven, MA 02568
(508) 693-7917

➤➤➤➤ *Recreation*



- *General Resources*
- *Amusements*
- *Concerts*
- *Movie Theatres*
- *Museums*
- *Professional Sports*
- *Skating*
- *Theatres*
- *Other*

➤➤➤➤ *Recreation*

- ★ *Play*
- ★ *Amusement*
- ★ *Relaxation*
- ★ *Diversion*
- ★ *Entertainment*
- ★ *Games*

You may want to join in recreational activities that are in and around your community. Many towns on the Cape and Islands have a community recreation program that may offer activities such as: swimming, tennis or sailing. You probably already have some favorite things you like to do. Recreation is an important part of your life and there are many activities to choose from. Have fun!



Recreation Resource List



The ARC of Cape Cod
(serving people with disabilities)
Box 428
101 Grove Street
Hyannis, MA 02601
(508) 771-6595

Barnstable Recreation Department
141 Bassett Lane
Hyannis, MA 02601
(508) 790-6345

Big Brothers & Big Sisters of Martha's Vineyard
P.O. Box 2135
Oak Bluff, MA 02557
(508) 693-0976

Brewster Recreation
1673 Main Street
Brewster, MA 02631
(508) 896-9430

Bridges Association, Inc. Special Needs
One Elm Street
Hyannis, MA 02601
(508) 790-1333

Cape Cod Baseball League
P.O. Box 164
South Harwich, MA 02661
(508) 430-7207

Cape Cod Capers
Carol Valley
255 Cahoon's Hallow Road RR2
Wellfleet, MA 02667
(508) 349-3143

Cape Cod Conservatory
Route 132
West Barnstable, MA 02668
(508) 540-0611

Cape Cod National Seashore
P.O. Box 250
South Wellfleet, MA 02663
(508) 349-3785

Cape Cod Rail Trail
Nickerson State Park
3488 Main Street
Brewster, MA 02631
(508) 896-3491

Cape Cod YMCA
P.O. Box Y, Route 132
West Barnstable, MA 02668
(508) 362-6500

Chatham Recreation Center
12 Hitching Post Road
Chatham, MA 02633
(508) 945-9721

Community Connections, Inc.
Recreational Services for Survivors of Head Injury
291 Route 28
West Dennis, MA 02670
(508) 398-4200

Dennis Youth Center
1006 Old Bass River Road
Dennis, MA 02638
(508) 385-3905

Edgartown Parks and Recreation
Edgartown Town Hall, P.O. Box 158
Edgartown, MA 02539
(508) 627-6180

Falmouth Recreation Department
790 East Main Street
Falmouth, MA 02540
(508) 457-2567

Kennedy Donovan Center
900 Route 134 Unit #3-23
Box 9, South Dennis, MA 02601
(508) 385-6019

Martha's Vineyard Boys & Girls Club
P.O. Box 654
Edgartown, MA 02539
(508) 627-3303

Oak Bluffs Parks and Recreation
P.O. Box 1327
Oak Bluffs, MA 02557
(508) 693-5511

Orleans Recreation Center
Orleans, MA 02653
(508) 240-3785

Project Rec.
Institute for Community Inclusion
300 Longwood Ave
Boston, MA 02115
(617) 735-6506 (617) 735-6956 (TDD)

Provincetown Recreation Center
44 Bradford Street
Provincetown
MA 02657
(508) 487-7097

Sight Loss Services
775-D Main Street
P.O. Box 414
West Dennis, MA 02670
(508) 394-3904

The Guided Tour Inc
7900 Old Yard Road, Suite 114B
Elkins Park, PA 19117-2339
(215) 782-1370

Therapeutic Riding Clinic, Cape Cod
P.O. Box 799
South Dennis, MA 02601
(508) 394-1057

Chilmark Parks and Recreation
Beetlebury Corner
Chilmark, MA 02535
(508) 645-2651

West Tisbury Parks and Recreation Department
P.O. Box 278
West Tisbury, MA 02575
(508) 693-9659

Yarmouth Department of Recreation
1146 Route 28
South Yarmouth, MA 02664
(508) 398-2231

Recreation Resource List Cont/d....



Amusements

Atlantic Amusement Inc. Hyannis	771-7937
Bourne Sports World Inc.	759-5500
Cape Cod Music & Games, Barnstable	428-0220
Cartland of Cape Cod, Wareham	295-8360
Ryan Family Amusements,	
Hyannis Mall	775-5566
Hyannis	775-3411
Yarmouth	394-5664
Sagamore	888-0859
SeaView Playland, Dennisport	398-9084
Riverside Park, Agawam	800-992-7488
Canobie Lake Park, Salem, NH	603-893-3506
Whalom Park, Lunenburg	342-3707
Water Whizz, Wareham	295-3255

Concerts

Boston Pops/Symphony Hall	(617) 266-1492
Cape Cod Conservatory	362-2772
Cape Cod Melody Tent	775-9100
Cape Cod Symphony	428-3577
Capeside Tickets	790-0777
Great Woods	(617) 339-2333
Providence Civic Center	(401) 331-6700
Ticket Master	(617) 931-2000
Ticketron	(617) 720-3400
Tyson Ticket Agency	(617) 426-2662
Wang Auditorium	(617) 482-9393
Worcester Centrum	798-8888

Movie Theatres

Airport Cinema, Hyannis	771-4330
Buzzards Bay Theatre	759-3212
Cape Cod Mall Cinema	771-1666
Entertainment Cinema, South Dennis	394-1100
Falmouth Mall Cinema	540-2169
Harwich Interstate Theatre	430-1160
Mashpee Commons Cinema, Mashpee	477-7333
Wellfleet Drive-In Theatre/Cinema	349-2520

Museums

Cape Museum of Fine Arts	385-4477
Computer Museum	(617) 423-6758
Heritage Plantation	888-3300
Museum of Fine Arts	(617) 267-9300
Museum of Natural History	896-3867
Museum of Science	(617) 589-0100
New England Aquarium	(617) 973-5200
Omni Theatre	(617) 723-2500
Pilgrim Monument	487-1310
Plimoth Plantation	746-6544
Provincetown Museum	487-1310
Thornton W. Burgess	888-6870

Professional Sports

Boston Garden (Celtics/Bruins)	(617) 227-3200
Fenway Park (Red Sox)	(617) 267-8661
Semi Professional:	
Cape Cod Baseball League (Cape Wide)	430-7207

Skating

Gallo Ice Arena, Bourne	759-8904
Kennedy Rink, Hyannis	790-6346
Tony Kent Arena, Dennis	760-2400
Chas. Moore Sports Center, Orleans	255-2971
Falmouth Sports Center	548-7433

Theatres

Barnstable Comedy Club	362-6333
Cape Playhouse, Dennis	385-3911
Cape Cod Melody Tent, Hyannis	775-5630
Glasstown Players, Sandwich	888-1412
Harwich Junior Theatre	432-2002
Highfield Summer Theatre, Falmouth	548-0668
Janus Players (CCCC), Hyannis	362-2965
Nantucket Theatre Workshop	228-4305
Orleans Academy of Performing Arts	255-1963
Provincetown Players	487-0955

Other

Bayside Expo Center	265-5800
Hynes Auditorium, Boston	(617) 954-2000
King Richard's Faire (Seasonal), Carver	866-5391

➤➤➤➤ ***General Resource Section***

➤➤➤➤ ***State Agencies***

Administering Agency for Developmental Disabilities
Room 670, 600 Washington Street
Boston, MA 02111
(617) 727-4178



Department of Mental Health (DMH)
25 Staniford Street
Boston, MA 02214
(617) 727-5600

259 North Street,
Hyannis, MA 02601
(508) 775-1199 (800) 352-7742 (TDD)

Department of Mental Retardation (DMR)
160 North Washington Street
Boston, MA 02114
(617) 727-5608

60 Park Street,
Hyannis, MA 02601
(508) 771-2595

Department of Public Health (DPH)
150 Tremont Street
Boston, MA 02111
(617) 727-2700 (800) 439-2370 (TDD)

109 Rhode Island Road
Lakeville, MA 02347
(508) 727-1440

Department of Social Services (DSS)
32 Commercial Street
South Yarmouth, MA 02664
(508) 394-1325 (800) 352-0711

61 Industrial Park Road
Plymouth, MA 02360
(508) 747-3933
(This office handles Sandwich cases)

Executive Offices of Health & Human Services (EOHHS)
Bureau of Transitional Planning
One Ashburton Place, Room 1109
Boston, MA 02108
(617) 727-7600

Massachusetts Commission for the Blind (MCB)
88 Kingston Street
Boston, MA 02111
(617) 727-5550

800 Purchase Street
New Bedford, MA 02740
(508) 993-6140

Massachusetts Developmental Disabilities Council
600 Washington Street
Boston, MA 02111
(617) 727 6374 (617) 727-1885 (TDD)

Massachusetts Head Injury Association
Denholm Building
484 Main Street, Suite #325
Worcester, MA 01608
(508) 795-0244 (800) 242-0030 (In MA)

Office of State Coordinator of Vocational Education for Students with Disabilities

Occupational Education
Department of Education
350 Main Street
Malden, MA 02148-5023
(617) 388-3300

Office of State Coordinator of Vocational Education for Students with Disabilities

School to Employment
Department of Education
350 Main Street
Malden, MA 02148-5023
(617) 388-3300 Extn. 451

State Department of Education: Special Education

Division of Special Education, Department of Education
350 Main Street
Malden, MA 02148-5023
(617) 388-3300

State Developmental Disabilities Planning Council

MA Developmental Disabilities Council
600 Washington Street, Room 670
Boston, MA 02111
(617) 727-6374 (Voice/TDD)

State Vocational Rehabilitation Agency

MA Rehabilitation Commission
Fort Point Place
27-43 Wormwood Street
Boston, MA 02210-1606
(617) 727-2172

>>>Disability Resource & Support Groups

**The ARC of Massachusetts
(serving people with disabilities)**
217 South Street Waltham, MA 02154
(617) 891-6270



Box 428, 101 Grove Street
Hyannis, MA 02601
(508) 790-3667

Autism Society of America Massachusetts Chapter
P.O. Box 2608
Taunton, MA 02780
(617) 423-3838

Boston Center for Independent Living
95 Berkeley Street
Boston, MA 02116
(617) 338-6665 (617) 338-6662 (TTY)

Cape Organization for the Rights of the Disabled (CORD)
Box 964
Hyannis, MA 02601
(508) 775-8300 (Voice/TDD)

Institute for Community Inclusion
Children's Hospital
300 Longwood Avenue
Boston, MA 02115
(617) 735-7443

UMass Boston
Graduate College of Education
100 Morrissey Blvd.
Boston, MA 02125-3393
(617) 287-7596

Learning Disabilities Association of MA
99 School Street
Weston, MA 02193
(617) 891-5009 (Tu. & Th., 8:30-2 p.m.)

MA Alliance for the Mentally Ill
27-43 Wormwood Street
Boston, MA 02210
(617) 439-3933

175 West Main Street,
Hyannis, MA 02601
(508) 778-4277

MA Speech-Language-Hearing Association
518 North Main Street, Randolph, MA 02368
(617) 986-8177

**Massachusetts Coalition of Parents
for the Deaf Handicapped**
33A Flete Road
Bedford, MA 02178
(617) 489-5789

Massachusetts Down Syndrome Congress
P.O. Box 525
Accord Station
Hingham, MA 02018
(508) 749-1935

Massachusetts Head Injury Association
Denholm Building
484 Main Street #325
Worcester, MA 01608
(508) 795-0244

Shriver Center University Affiliated Facility
200 Trapelo Road
Waltham, MA 02254
(617) 642-0001

**The Association for Persons with Severe Handicaps
(TASH)**
P.O. Box 491
Wenham, MA 01984
(508) 468-1484

The Federation for Children with Special Needs
95 Berkeley Street, Suite 104
Boston, MA 02116
(617) 482-2915 (TDD) (800) 331-0688 (TDD)

United Cerebral Palsy of Metro Boston, Inc.
71 Arsenal Street
Watertown, MA 02172
(617) 926-5480

University Affiliated Programs
Developmental Evaluation Center
Children's Hospital
300 Longwood Avenue
Boston, MA 02115
(617) 735-650

Common Terms

Advocacy is support given to a person or a cause. An advocate is a person who works to get services for a person or group of people.

Case Manager or Service Coordinator is a human services professional responsible for helping a person with disabilities plan for needed services.

Entitlement means a guarantee that all needed services will be received. Unlike Chapter 766, which entitles all children to a free and appropriate education, Chapter 688 is not an entitlement. Chapter 688 guarantees a plan for transitional services. Delivery of those services depends on the annual state budget.

Individual Education Plan (IEP) documents actual services to be received by children ages 3 to 22 in special education programs.

Individual Transition Plan (ITP) documents ideal services to best help young adults moving from the special education system into the adult human services system.

Individual Service Plan (ISP) documents a range of services to be received by adults accepted for services in the Department of Mental Retardation services system.

Individual Written Rehabilitation Plan (IWRP) documents work related services to be received by adults served by the Massachusetts Rehabilitation Commission and the Massachusetts Commission for the Blind.

Provider Agency or Vendor or Adult Service Agency is any private agency which offers residential, vocational, and/or support services which are purchased by human services agencies of the Commonwealth.

Vocational Services are work and work-related training programs available to people with disabilities.

➤➤➤➤ *Additional Resources*

The following resources helped to develop this handbook. You may find them useful also.

A Citizen's Guide to Turning 22 Chapter 688

Bureau of Transitional Planning
Executive Office of Health and Human Services
One Ashburton Place, Room 1109
Boston, MA 02108
(617) 727-7600 (617) 727-0014 (TDD)

A Parent's Guide to Transitional Planning

From School to Adult World
Federation for Children with Special Needs
Parent Training and Information (PTI) Project
95 Berkeley Street, Suite 104
Boston, MA 02116
(617) 482-2915 (800) 331-0688 Voice and TTY

Connections: A Resource For Human Services on Cape Cod & The Islands

United Way of Cape Cod, Inc.
310 Barnstable Road
Hyannis, MA 02601
(508) 775-4746 (800) 462-8002

Turning 22: A Transition Handbook for Families

The Commonwealth of Massachusetts
Executive Office of Human Services
One Ashburton Place, Room 1109
Boston, MA 02108
(617) 727-7600 (617) 727-0014 (TDD)

The NYNEX Guide to Cape Cod, Massachusetts

Under: Inside Interest Pages